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Student Poster Presentation

Benefits of Continuous Glucose Monitoring for Type 2 Diabetics

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With the advent of continuous glucose monitoring (CGM) technology, there are many advances in care, management, and outcomes for patients with type 1 diabetes (T1D) and type 2 diabetes (T2D) on insulin therapy. This project examines studies that address occurrence of hypoglycemic events and glycemic variability in T2D patients, the benefits of structured self-monitoring of blood glucose (SMBG) and its effects on diabetes-specific quality of life (DSQoL) and locus of control (LOC), the accuracy of a flash glucose monitoring system, the long term effects of using a flash glucose monitoring system on A1C and glycemic variability, and overall cost-effectiveness of using a CGM for T2D patients. Individually, the studies are limited in scope but together, the overall outlook of the benefits of CGM for T2D patients is promising. Nurses and other health care providers may be able to reduce the burden of care and improve outcomes for this chronic condition by having more knowledge of the technology and educating their patients and their caregivers about CGM. The purpose of this project is to determine if there is strong evidence that using CGM would be beneficial both short and long-term for T2D patients who may or may not be on insulin therapy.